

QUITTING SMOKING

NAME: DATE:

What's in Your Tobacco?

NICOTINE	A highly toxic nerve poison which constricts arteries and increases adrenaline production. A dosage of 1/50,000 of a gram is ample to kill an adult. <i>Nicotine is a powerful stimulant—it does not relax you!</i>
HYDROGEN SULPHIDE	A poisonous chemical smelling of bad eggs.
HYDROGEN CYANIDE	Used in gas chambers in the USA to carry out the Death Penalty.
METHANOL	A fatal poison. Continued inhalation may cause blindness.
ACETONE	A form of paint-stripper better known as nail varnish remover.
AMMONIA	Prolonged exposure and inhalation causes serious injury and may be fatal. Ammonia is used to bleach, to etch aluminium, and to saponify (convert to soap) oils and fats.
DDT	A pesticide, now banned from commercial use due to its lethal side-effects.
BENZENE	An aromatic chemical proven to be a major carcinogen.
CARBON MONOXIDE	Present in car exhaust gasses. Causes death if inhaled by preventing oxygen from entering the bloodstream.
PYRIDINE	A solvent and waterproofing agent.
FORMALDEHYDE	Embalming fluid.

In addition to these chemicals (and many more not listed), which are given off purely as a result of the tobacco leaf burning, there are various additional unwholesome substances that may be present as a result of the plantation environment, and the conditions in which the harvested leaf is stored and shipped:

- **Contamination with insects, bird and rodent droppings, and animal urine etc**, which occurs during the storage of the cut leaves prior to shipping.
- **Contamination with human faeces and urine**, which occurs during harvesting. Tobacco leaf makes an excellent substitute for toilet paper by the pickers working in the fields. In Brazil this is often the Amazonian Indians, inhabitants of a Third World country where far less emphasis is placed on personal hygiene. The pickers are paid by the kilo for the leaves they have picked, and they won't throw a leaf away when it can just as easily go into their sack.

But There is Good News

The numerous benefits of becoming a non-smoker begin after just 20 minutes of being without tobacco — so you could say you actually quit many times a day!

Especially beneficial is the increased blood flow through your arteries, and the consequent drop in your otherwise high blood pressure. As any doctor will tell you, a 20% constriction of the arteries results in a massive 50% reduction in the blood flow. Just think of the implications of that on arteries that have already been narrowed by the effects of age or poor diet..... especially on those arteries that feed your heart and your brain.

And here's more good news: *none of the substances in tobacco are addictive*. It is actually the body's endorphins (the natural 'feel good' chemicals) that are *released* by the stimulant chemical, nicotine, that make you feel good in just the same way as the so-called 'runners high' that athletes experience.

Your so-called 'addiction' is just a conditioned response to a psychological stimulus such as answering the phone, driving, eating a meal, watching TV, going to the pub etc. In other words, it's simply a habit.

1. *Clinical addiction* causes the drug intake to steadily increase. Yet you've been smoking the same number of cigarettes with out a *major* increase, for a number of years.
2. When the user of a *clinically addictive* substance sleeps, on awaking they have to have as much of their substance as they would have had if they had not slept, in order to function. And yet when a 20-a-day smoker wakes after a night's sleep, he/she will have just **one**. Not twenty—just one.

**How long does it take YOU to become a healthy, natural non-smoker? A few of months?
A few weeks, if you're determined? Actually, it takes just one tenth of a second.**

That's the length of time it takes to make a decision — a true, wholehearted decision — to quit. And when you've made that decision, quitting is far easier than you may ever have thought possible.

CONGRATULATIONS!

By choosing hypnosis you've taken the first positive step on the road to successfully quitting smoking. Congratulations also for choosing to take back control, and to stop killing yourself by degrees on a daily basis.

Please complete this Questionnaire fully. Bring it with you to your Quit Smoking Session.

Please complete this calculation:

- Step 1. Number of cigarettes smoked per day (on average) =** _____
- Step 2. Multiply that figure by 10 (the average number of drags per cigarette) =** _____
- Step 3. Multiply that figure by 7 to give the number of drags per week =** _____
- Step 4. Multiply that figure by 52 to give the number of drags per year =** _____

The final figure is the average number of times in one year you *voluntarily choose* to suck into your lungs and body the poisonous chemicals mentioned on the front page: formaldehyde, carbon monoxide, DDT, ammonia, acetone, methanol, hydrogen cyanide, pyridine, benzene, hydrogen sulphide and nicotine — not forgetting the human faeces and urine, bits of insect and dead birds, rodent droppings and animal urine you are also sucking into your body.

It's also the number of times you *voluntary choose* to risk contracting cancer, gangrene, impotence, hypertension, and emphysema; compromise your immune system, reduce your fertility (male and female), clog your lungs with tar, overload your kidneys and liver, and permanently damage your developing foetus.

Please complete this calculation:

- Step 1. How much per day do you currently spend on tobacco products? £** _____
- Step 2. Multiply that figure by 365 to give your annual spend on smoking =** £ _____
- Step 3. Multiply that figure by the number of years you would have smoked on reaching the age of 65 (the average age of death for a smoker) =** £ _____

What else could you have spent this huge sum of money on? Paying your mortgage off? Buying a holiday home in the sun? Educating your children? Going on a world cruise? The car of your dreams? Maybe even a boat?

Is your work stressful? (Circle) Not at all Moderately Very Extremely

Do any others in your family smoke? (Circle) Yes No

If you answered yes, whom? _____

At what age did you start smoking? _____

Why did you start? (Circle) Peer Pressure Rebellng Against Authority To Appear More Adult
Other: _____

Give an example of how smoking has damaged your life: _____

What frightens you about smoking? _____

Do you know someone who has died from a smoking-related disease? (Circle) Yes No

Do you know someone who is ill from a smoking-related disease now? (Circle) Yes No

Has a doctor ever mentioned your smoking? (Circle) Yes No If yes, why?

Have you had any worrying symptoms? (Circle) Yes No If yes, what were/are they?

What do you get from smoking?

(Tick all that apply)

- It relaxes me
- It helps me concentrate
- It's an excuse for a break
- It gives me a confidence boost
- It's a prop
- It gives me something to occupy my hands with

When do you smoke?

(Tick all that apply)

- | | |
|--|---|
| <input type="checkbox"/> On waking | <input type="checkbox"/> Driving |
| <input type="checkbox"/> At breakfast | <input type="checkbox"/> On the phone |
| <input type="checkbox"/> With tea/coffee | <input type="checkbox"/> At work |
| <input type="checkbox"/> After meals | <input type="checkbox"/> When socialising |
| <input type="checkbox"/> In bed | <input type="checkbox"/> When playing sport/hobby |

Other: _____

Do you have any health problems? Please list: _____

How long do you want to live? _____ Why? _____

Who is responsible for your health? _____

On a scale of 1-100, how committed are you to quitting smoking now? _____

How will your life improve as a healthy non-smoker? _____

What is important to you? _____

Who are you important to? Why? _____

If you have previously tried to quit smoking, how did you do it? (Circle any that apply)

- | | |
|---------------------------------------|----------------------------------|
| a. Cold Turkey and Will Power | e. Nicotine Patches, Gum etc |
| b. Prescription Drugs (eg. Zyban) | f. NHS or Private Smoking Clinic |
| c. Acupuncture | g. Hypnotherapy |
| d. Herbal and Nutritional Supplements | h. Laser acupressure |

Other: _____

If you have previously quit smoking, how long did you quit for? _____

What did you enjoy when you quit? _____

What makes you committed to quitting smoking now? _____

What will you do as a non-smoker that you couldn't as a smoker? _____

What will you now do with the money you save when you quit? _____

Name of your spouse/partner: _____

Name(s) of your children: _____

Name(s) of your best friend(s): _____

Names of your grandchildren: _____

I declare that the information I have given here is true and correct to the best of my knowledge.

SIGNED **DATED**